

DECEMBER 2014



FIFTY PLUS

Lynchburg Parks and Recreation ~ 434-455-5858 ~ www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "Orange" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR

CENTER (TSC)

225 Wigginton Road - 455-4115

YOU Can Help...

Be A Santa To A Senior



Sponsors & Volunteers Needed

Home Instead Senior Care, in partnership with the Central Virginia Area Agency on Aging, is once again sponsoring the annual **Be A Santa To A Senior** program. Sponsors are needed to help make this upcoming holiday a happy one for area senior adults in need.

Be A Santa To A Senior

SPONSOR TREE at Templeton

Help make someone's holiday a little more special. Stop by the center and select the name of a needy senior, shop for the requested items and return the gift along with the tag to the Templeton Center by December 1st.

Volunteers are needed to help wrap gifts at the Be A Santa To A Senior **Wrapping Party at the Templeton Center on Tuesday, December 9, 10:00 am - 4:00 pm.** Wrapping will continue on Wednesday & Thursday, (same hours) as needed.

Additional needs: Gift boxes, tissue paper, ribbon, gift bags, tape and wrapping paper. Volunteers will also be needed to help deliver the wrapped gifts.

Contact Home Instead, 385-0321, for more information.

\$ Beading with Jamie

Students will learn beading techniques including terms, bead selection, and composition as you design your own beautiful holiday earrings.

Instructor: Jamie Carlund

Register by 12/2. Fee: \$10.00
74404.340

Th 12/4 10:30am-11:30am

\$ Botanical Greeting Card

Add your personal touch to greetings cards or just enjoy creating your own watercolor masterpiece. Seasonal items from nature will inspire you in this one day class. Students should bring pointed round sable brushes # 4 and # 6 and a small scrubber brush. For optimal results, students should also consider bringing their own goose neck lamp.

Instructor: Ginny Klute

Register by 12/3.

74400.340

Fee: \$35.00 LR \$20.00

Th 12/4 1:00pm-4:00pm

Holiday Bingo

Take time to relax and enjoy some holiday bingo. Everyone is asked to bring two wrapped gifts to be used as prizes. Holiday music, hot chocolate and cookies provided.

Tu 12/23 10:30am-11:30am

\$ Holiday Luncheon

Enjoy a holiday feast with all the trimmings. We encourage you to invite a friend who might otherwise be alone for the holiday. Enjoy music, prizes and the holiday spirit.

Register by 12/15.

Fee: \$6.00.

73000.340

Tu 12/16 11:30am -12:30pm

Holiday Sweat Shirts

Transform any sweat shirt into a stylish piece of clothing. Please bring your own red or white sweat shirt and your scissors. Other materials furnished. In just minutes you have a new look for the holidays. Register by 12/1.

Fee: \$2.00

73001.340

Tu 12/2 10:00am-11:00am



\$ Intergenerational

Christmas Crafts and Meal

Holidays offer special times of bonding with the children/grandchildren in your life. Create fun Christmas crafts together and the stay for a plate of spaghetti. Fee is per person.

Register by 11/26.

Fee: \$4.00

73004.341

Tu 12/2 4:30pm-5:45pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! No class 12/9, 12/11, 12/25 & 12/26.
M,Tu,Th,F 12/1-12/30
9:30am-10:15am

\$ Yoga

This class combines stretching, breathing, and holding postures for better overall health.
Instructor: Debbie Ladd
Register monthly.
4 Sessions
Fee: \$36.00 LR: \$24.00
74203.340
Tu 12/2-12/30 8:15am-9:05am

\$ Zumba at Noon

Energize your day with a great cardio workout as you move to the beat of Latin inspired music. No classes 12/9, 12/11 or 12/24.
Instructors: Beth Zeisig & Gulshan Ari
Register monthly. 4 Weeks
Fee: \$36.00 LR: \$24.00
74205.340
Tu Th 12/2-12/30 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 12/24 or 12/31.
Instructor: Kirstin Eubank
Register monthly. 4 Weeks
Fee: \$36.00 LR: \$24.00
74208.340
M W 12/1-12/29 **5:00pm-5:45pm**

SPECIAL INTEREST AT TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are always welcome.
F 12/5-12/26 9:30am-12:30pm

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news. Group will only meet once in December.
W 12/17 10:30am-11:30am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are welcome.
Th 12/18 10:30am-11:30am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to exercise your brain. Beginners welcome. No mahjong 12/25.
Th 12/4-12/18 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game. No game 12/9.
Tu 12/2-12/30 9:30am -11:30am

FAIRVIEW CENTER (FC) 3621 Campbell Ave. 847-1751

Bingo

Enjoy a morning of Bingo fun! Bring two, new, unwrapped gifts to be used as prizes.
W 12/31 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing. Club will not meet 12/26.
Register monthly.
Club Fee: \$5.00
W F 12/3-12/31 9:30am-11:30am



Christmas Party

Celebrate the season with Fairview Friends! Special music will be provided by The Good Timers. Bring a finger food/appetizer to share.
F 19 11:00am-12:00pm

\$ Core Flex Fitness

This hour long, challenging class draws from yoga, Pilates and stability ball training to work on your strength and flexibility. No class 12/17, 12/24 or 12/31.
Instructor: Steve O'Neill
Register monthly by the first class.
Fee \$36.00 LR: \$24.00
63300.342
M & W 12/1-12/29 **6:30pm-7:30pm**



\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. No class 12/24 or 12/26.
Instructor: Jan Baker
Register monthly by the first class.
Fee: \$36.00 LR: \$24.00
63303.340
MWF 12/1-12/31 11:30am-12:20pm

Knitting Group

Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday of every month. Bring your current project or start a new project. Call Jamey at Fairview 847-1751 for more information.
W 12/17 10:00am-12:00pm

\$ Lunch and Learn: Christmas Made Easy

Learn how to make quick and easy gifts using miscellaneous supplies you have around your home. Lunch will be served afterward.
Fee \$4.00, for lunch.
Register by 12/12.
63400.340
W 12/17 11:00am-12:00pm

\$ Pottery Craft: Angel Ornament

Using clay, design and make an Angel Ornament to adorn your tree or to give as a gift. This is a two part class.
Register by 12/3. Fee \$8.00
63600.340
F 12/5 & 12/12 10:30am-11:30am

\$ Stained Glass Ornament

Learn how to make a beautiful stained glass ornament using glass ornaments and stained glass paint. All supplies included in fee.
Register by 12/5. Fee \$10.00.
63400.340
W 12/10 10:30am-11:30am

SPECIAL INTEREST AT FC

Billiards

Two tables are available for recreational billiards. Center closed 12/24.
M W F 12/1-12/31
9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning. No class 12/24.
Fee: \$2.00/class. Pay on site.
W 12/3-12/31 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.
M 12/1-12/29 10:00am-11:30am

OTHER LOCATIONS and ACTIVITIES

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.
Game Fee: \$1.25/game plus tax.
Fort Hill Bowling Center,
6015 Fort Ave.
Tu 12/2-12/30 1:00pm-3:00pm

\$ Bowling Holiday Lunch

Join fellow bowlers at this holiday celebration. Enjoy a wonderful holiday meal with friends before taking to the lanes. Everyone is asked to bring a covered dish to share and donate \$2.00 for the meat. Please give Vel your donation by December 2.
Fort Hill Bowling Center
6015 Fort Ave.
Tu 12/9 12:00 -1:00 pm



\$ Christmas Lights Tour of the Elks National Home & Liberty Park

Holiday decor galore! Visit the Festival of Trees at the Bedford Welcome Center and the showcase of lights at the Elk's National Home and Liberty Park. Enjoy a delicious meal at Liberty Station on your own, before the tour of lights. Fee \$10.00. Register by 12/12. Departs: Miller Center 75001.340
M 12/15 3:30pm -7:30 pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. No games on 12/25. Staff: Marsha Berry
Register & pay monthly.
Fee: \$10.00
Heritage United Methodist Church, 582 Leesville Road 73703.340
Th 12/4-12/18 2:00pm-5:00pm



Pickleball Holiday Social

Enjoy finger foods and holiday treats in between games. All players, past and present are invited! Help spread the word. Heritage UMC Gym, 582 Leesville Rd
Th 12/18 2:30pm - 3:30 pm

**☎ Golden Gourmet at
O'Charley's Restaurant**

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share. Volunteers are needed to help lead this group. Please call Marsha if interested.

Register by 12/17.

Call 455-4115.

73700.330

Meet at: O'Charley's
4042 Wards Road

F 12/19 11:30am-1:30pm

New Chapter Book Group

This month's read is "The Supreme's at Earl's All You Can Eat Diner" by Edward Kelsey Moore. Through marriage, children, happiness, and the blues, three strong, funny women gather each Sunday at the same table at Earl's Diner for delicious food, juicy gossip, occasional tears, and uproarious banter.

Meet at: The Drowsy Poet,
Given's Book Store, 2236
Lakeside Dr.

M 12/22 10:00am-11:00am

**☎ Softball Luncheon @
Golden Corral**

Join other softball enthusiasts as we wrap up the 2014 season and enjoy lunch together. All softball players and their invited are welcome to partake in this annual luncheon. Call 455-4115.

Register by 12/2.

W 12/3 11:30am-1:00pm

Mail-In Registrations

In order to be registered for a class or activity requiring advance registration and payment (as indicated by \$) a completed & signed registration form must accompany your payment. Checks should be made payable to: City of Lynchburg. Completed forms may be mailed to:

**Lynchburg Parks &
Recreation
Templeton Center
225 Wiggington Road
Lynchburg, VA 24501**

**Inclement Weather
Policy**



Again this year we will be following the Lynchburg City School closing policy for morning activities. If city schools are closed, our morning activities are cancelled. If city schools are opening late, we stay on schedule and open at the usual time, providing roads/parking lots are plowed and clear.

- Closings will be announced on Comcast Channel 2 and other local TV newscasts.
- Decisions for afternoon and evening classes will be made on an individual basis after 12:00 noon. Please be sure we have a current phone number and e-mail address. Call 455-4115 if you have any questions.

Your safety is always our top priority!

**Newsletters are available for
pick-up at the following locations:**

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



City Wide Program Staff

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Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.